

# Personal Trainer



**Due to a full schedule of clients,  
Khristian is not accepting new clients at this time**

## Khristian Firme

### **Professional Credentials:**

Fall Proof Balance and Mobility  
Certified Personal Trainer — ACSM CPT

### **Education:**

B.S. Kinesiology emphasis Fitness 2006, CSULB  
M.S. Gerokinesiology (in progress) CSUF

Khristian feels passionate about improving people's lives through exercise and the promotion of a healthy lifestyle. Khristian has over five years of experience in personal training. In that time he has helped people at different levels of fitness and exercise experience achieve their goals. Khristian obtained his Bachelors of Science in Kinesiology and is currently pursuing his Master of Science degree in Gerokinesiology. His education and experience have prepared him to work with individuals with a variety of health and musculoskeletal concerns (i.e. hypertension, diabetes, overweight, osteoporosis, arthritis, posture abnormalities, low back pain and more). Khristian specializes in developing exercise programs for older individuals to improve physical function and performance (i.e., golf), body composition, flexibility, balance, strength, aerobic endurance, quality of life and maintaining independence. In his spare time he enjoys fitness and sports, his pets, friends and family.